

Cardiac consequences: Marijuana's hidden risk (Broadcast)

INTRO:

HEART-WRENCHING DATA TO CONSIDER FOR MARIJUANA USERS WAS RECENTLY RELEASED IN TWO SEPARATE STUDIES.

VO TAG

IN THE JOURNAL J-A-C-C ADVANCES... RESEARCHERS FOUND THAT CANNABIS USERS UNDER 50 WERE IN GRAVE RISK OF SEVERE CARDIOVASCULAR EVENTS... EVEN THOUGH THESE PARTICIPANTS WERE RELATIVELY HEALTHY.

TO ADD TO THE STARTLING NEWS – JAMA CARDIOLOGY RELEASED FINDINGS THAT CHRONIC MARIJUANA SMOKING AND THC-EDIBLE USE IS ASSOCIATED WITH ENDOTHELIAL DYSFUNCTION. THIS MEANS THE CELLS IN THE ENDOTHELIUM... THE THIN LAYER OF CELLS INSIDE OUR BLOOD VESSELS... DON'T WORK PROPERLY. IN TURN – THIS CAN BLOCK FLOW TO YOUR HEART... CAUSING A HEART ATTACK.

NEARLY 200 MILLION PEOPLE WORLDWIDE ARE REGULAR MARIJUANA USERS... ACCORDING TO A UNITED NATIONS REPORT IN 2018.

DR. MICHAEL GRZESKOWIAK **GRZESKOWIAK (GRUH-SCOE-VEE-ACK)** ... A CARDIOLOGIST WITH OSF HEALTHCARE CARDIOVASCULAR INSTITUTE... SAYS THE INFLAMMATION CAUSED BY MARIJUANA USE... CONNECTED WITH UNHEALTHY LIFESTYLE CHOICES... IS EXTREMELY CONCERNING.

TAKE SOT | DR. MICHAEL | CARDIOLOGIST | OSF HEALTHCARE CARDIOVASCULAR INSTITUTE

"Inflammation, in general, in our current Western diet affects us a lot. A lot of the things I see in cardiology are due to that and if we fixed a lot of things in our diet and lifestyle, heart disease would go down," Dr. Grzeskowiak says. "Unfortunately, it's been the leading cause of death for 100 years."

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OUTSIDE OF WORK – MORE THAN 25 PERCENT OF THE U.S. POPULATION LIVE SEDENTARY LIFESTYLES... ACCORDING TO THE C-D-C. ADDITIONALLY – ROUGHLY HALF OF THE AMERICAN DIET IS MADE UP OF ULTRA-PROCESSED FOODS. THESE STARTLING FINDINGS COME AS 48 STATES... PLUS WASHINGTON D.C., HAVE LEGALIZED MARIJUANA FOR MEDICINAL USE... AND 24 STATES ALLOW CANNABIS FOR RECREATIONAL USE.